



## BREATHWORK WITH LUKE ADLER

Breathwork is a healing method that uses an ancient breathing technique to quiet the mind and release deep seated impressions, emotions, and latent pathogens from the physical and subtle energy system. By letting go of tightly held thoughts, feelings, and beliefs, the physical body relaxes and opens to a greater flow of energy. As a result of freeing up energy in the body, the mind becomes clear and focused, and for many a new sense of life purpose and direction arise.

Dr. Luke Adler is an intuitive and compassionate healer, teacher and author who empowers clients with the tools to heal themselves. At his retreats, trainings and during one on one sessions he creates an environment for you to make contact with your inner wisdom and innate healing intelligence. He facilitates deep relationship with your self which extends into relationships with your loved ones.

**Sat, Dec 21, 6-8:30 pm**

\$50/\$75 for 2 if you sign up with a friend

